SHOW input your weight in kg

HeightCm / 100 = HeightMeters

OUTPUT BMR

SHOW your BMR is:

no

yes

BMR = 88.362 + (13.397 \* WeightKg) + (4.799 \* HeightCm) – (5.677 x Age)

BMR = 447.593 + (9.247 \* WeightKg) + (3.098 \* HeightCm) – (4.330 x Age)

Gender is male

INPUT HeightCm

HeightCm < 120 or > 210

WeightKg < 30 or > 250

yes

SHOW your weight doesn’t meet the gym’s membership profile

BMI = WeightKg / (HeightMeters \* HeightMeters)

BMI = WeightKg / (HeightMeters \* HeightMeters)

no

INPUT Gender

SHOW what is your gender?

SHOW your age doesn’t meet the gym’s membership profile

yes

Age < 14 or > 100

INPUT Age

SHOW input your age in years

no

yes

SHOW your height doesn’t meet the gym’s membership profile

no

SHOW input your height in cm

INPUT WeightKg

OUTPUT BMI

SHOW your BMI is:

OUTPUT BMI

SHOW your BMI is:

HeightCm / 100 = HeightMeters

OUTPUT BMR

SHOW your BMR is:

SHOW select your level of exercise using its number: 1. Little to no exercise, 2. Light exercise (1-3 days per week), 3. Moderate exercise (3-5 days per week), 4. Heavy exercise (6-7 days per week), 5. Very heavy exercise (twice per day, extra heavy workouts)

OUTPUT DailyIntake

SHOW your required daily kilocalories intake is:

yes

yes

yes

yes

BMR \* 1.9 = DailyIntake

BMR \* 1.725 = DailyIntake

BMR \* 1.55 = DailyIntake

BMR \* 1.375 = DailyIntake

no

no

no

LevelOfExercise = 4

LevelOfExercise = 5

LevelOfExercise = 3

LevelOfExercise = 2

no

yes

BMR \* 1.2 = DailyIntake

LevelOfExercise = 1

INPUT LevelOfExercise

SHOW your target BMI category is Normal weight with a BMI of 22.

yes

SHOW your target BMI category is Normal weight with a BMI of 22.

no

BMICategory = Normal weight

OUTPUT BMICategory

SHOW your current BMI category is:

no

no

BMICategory = Obesity

yes

BMI >= 30

BMICategory = Overweight

yes

BMI >= 25 and <= 29.9

yes

yes

BMICategory = Normal weight

no

BMI >= 18.5 and <= 24.9

BMICategory = Underweight

BMI <18.5 and > 0